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AMEDDC&S anesthesia nursing master's program tops in nation

By Phil Reidinger
AMEDDC&S Public Affairs

A recent annual U.S. News and World Report magazine ranking of the nation's graduate schools ranked the Army Medical Department Center & School's anesthesia nursing master's degree program as the best in the nation.

The Army graduate program in Anesthesia Nursing is affiliated with Northeastern University and ranked No. 1 in the nation among 112 ac-

credited anesthesia nursing programs.

The Army-Baylor University doctoral program in physical therapy ranked fifth in the nation among 228 accredited doctoral programs.

The Army-Baylor University graduate program in Health and Business Administration ranked 11th in the nation among 90 accredited graduate programs.

The Interservice Physician Assistant master's degree program that is affiliated with Nebraska

University ranked 13th in the nation.

U.S. News and World Report analyzed more than 1,200 graduate programs and the rankings are based on evaluations of curriculum, record of scholarship, quality of faculty and quality of students.

"We're not unique or special ... but our mission is," said Col. Josef Moore, dean of the graduate school. "The level of scholarship and

See NURSING, P6

SOARING THROUGH FIESTA & FIREWORKS



Photo by Sgt. Maj. Eric Lobsinger

A young lady leans into her turn at MacArthur Field during the Fort Sam Houston Fiesta & Fireworks. The day-long event included rides, music, military displays, food vendors and fireworks. **See more photos on Pages 14 and 15.**

Troops to receive full mid-month pay on April 15

By Jim Garamone
American Forces Press Service

All service members will receive their full mid-month pay they have earned in their April 15 paychecks, Pentagon officials said April 11.

"Basically, all active duty and reserve service members will receive full mid-month pay on the 15th of April," said Pentagon spokesman Marine Col. Dave Lapan.

"It may be in two separate payments, but on the 15th everyone will receive their full allotted pay."

Confusion arose about the April 15 payday due to the threatened closure of the U.S. government last week. Administration and congressional leaders came to an agreement that ended that action late on April 8.

The Defense Finance and Accounting Service had

posted "net pay advice" to some service members, telling them what to expect in their accounts.

"Those net pay advice statements were made ... before we knew there was an agreement to fund the government," Lapan said.

"When those were posted they only showed partial payments, but again, everyone will receive their full pay on the 15th for the duty served

and it may be in more than one deposit."

Officials urge service members to check their end-of-month leave and earnings statements carefully. The normal end-of-month statements will be posted to accounts on April 22.

The finance and accounting service has restored access to all leave and earnings statements, net pay advice or advice of pay for service mem-

bers on the Mypay website.

"The most-current advice of pay will still only show the partial payments for April 1-8," the finance service posted on its website. "This will allow us to make sure we can still process pay for April 9-15 and take steps to ensure it is in bank accounts on the 15th."

For more information, visit the myPay Web site at <https://mypay.dfas.mil/mypay.aspx>.

VISIT NEWS LEADER ONLINE: [HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)



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JBSA enters Stage I water restrictions

The Bexar County Index Well, or J-17, has gone below 660 feet and Joint Base San Antonio Stage I water restrictions are now in place.

Stage I water restrictions strengthen the normal water conservation measures in several ways. Base housing residents and facility managers are now only allowed to water lawns once a week, between the hours of midnight and 10 a.m. and 8 p.m. and midnight, on their designated day:

- If address/facility number ends in 0 or 1, Monday is the watering day
- If address/facility number ends in 2 or 3, Tuesday is the watering day

- If address/facility number ends in 4 or 5, Wednesday is the watering day
- If address/facility number ends in 6 or 7, Thursday is the watering day

- If address/facility number ends in 8 or 9, Friday is the watering day

Additional Stage I water restrictions include:

- Athletic fields must follow the same watering guidelines as above.
- Water new landscaping to maintain adequate growth until established.
- Restaurants and other eating establishments are prohibited from serving water to customers unless it is requested by the customer.
- Swimming pools must have a minimum of 25 percent of the surface area covered with effective evaporation screens or shields when not in use for maintenance or swimming.

As this drought continues, people must look for ways to conserve water, protect our base missions, and support the region's conservation efforts.

The aquifer level will continue to fall without our help while at work or at home; now is the time to conserve!

Everyone needs to be aware of water conservation and share these concerns with all of our base water consumers. JBSA's normal water conservation measures will continue, which include:

- No person may waste water.
- Don't wash roads, parking lots, driveways, or sidewalks except for health or safety reasons.
- Use landscaping that features indigenous natural plant species.
- Report all water leaks and any outdoors puddling.
- Avoid driving vehicles over landscape or grassy areas and compacting the soil.
- Privately owned vehicle and charity car washes are permitted providing they are conducted at car wash facilities that recycle water.
- Use a glass or cup when getting water from a fountain.
- Residential washing of vehicles or other equipment is allowed only with the use of a 1 inch hose

See **WATER, P9**

Edwards Aquifer Level

in feet above sea level

CURRENT LEVEL * = 658.92'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



Weekly Weather Watch

	Apr. 14	Apr. 15	Apr. 16	Apr. 17	Apr. 18	Apr. 19
San Antonio Texas	89° Partly Cloudy	84° Mostly Sunny	84° Mostly Sunny	84° Partly Cloudy	87° Isolated T-Storms	89° Isolated T-Storms
Kabul Afghanistan	70° Mostly Sunny	62° Showers	68° Scattered Showers	65° Sunny	66° Sunny	66° Sunny
Baghdad Iraq	80° Sunny	86° Sunny	92° Sunny	93° Sunny	95° Mostly Sunny	97° Partly Cloudy

(Source: The Weather Channel at www.weather.com)

News Briefs

Active shooter training for the workplace

As directed by AFI 10-245 Antiterrorism and AFI 71-101V4 Counterintelligence, all Air Force personnel, both military and civilian, must complete Active Shooter training annually. The 502d Security Forces Squadron is offering Active Shooter Training from 1 to 2 p.m. April 18 at the Road Runner Community Center in the auditorium, Building 2797. This training will provide vital information regarding the definition of an Active Shooter, past incidents involving Active Shooters, the components of a Survival Mindset, the courses of actions that must be considered, and what can be expected from emergency response personnel once they arrive on the scene. For more information, call 221-0744.

Schofield Road closure

There will be a temporary road closure along Schofield Road between the AAFES gas station and Patch Road beginning from April 18 to 29. Road sections will be closed and traffic routed around various roads and intersections as shown. This road closure is required to complete pavement repairs along Schofield Road on Phase III of the project. For more information, call 221-5611/3110.

Construction Impacts WHMC Parking Lots

On April 18, North Wilford Hall Loop Road and the staff parking Lot B near the Highway 90 gate will be closed to allow construction of the new Wilford Hall Ambulatory Surgical Center parking garage. Wilford Hall staff currently parking in Lot B will park in the new WHASC 800-space parking lot along Bong Avenue or in staff parking Lot D. Call 292-7171.

BAMC Fiesta Meal

Brooke Army Medical Center Dining Facility will serve a Fiesta meal April 14 from noon-1:30

See BRIEFS, P4

U.S. Army South-led exercise looks to aid Salvadoran school, train soldiers

Beyond the Horizon 2011, an annual U.S. Army South-led exercise focused on improving the readiness of U.S. military forces and maintaining relations with Central and South American countries, held its opening ceremony March 29 in Caminos, El Salvador.

The 4-month-long, joint services effort will act as a civic assistance and U.S. military training exercise.

ARSOUTH's mission during the exercise is to provide assistance to the execution of construction projects, humanitarian and civic efforts, and medical and dental readiness exercises.



Courtesy photo

Sgt. Anthony McElroy, 212th Engineering Company, Tennessee National Guard, shows a Salvadoran soldier how to use a compactor during construction of a schoolhouse during Beyond the Horizon 2011.

U.S. Soldiers, Sailors, Marines and Airmen, along with Salvadoran soldiers, will construct

and renovate schools at six sites near San Vicente, El Salvador. Medical and dental units will

also have the capacity to treat up to 600 patients a day during the clinical rotations.

"This is very important for the people of San Vicente," said Col. Orlando Montano, commander of the 5th Salvadoran Infantry Brigade whose soldiers are supporting the exercise.

"About 80 percent of homes in this area were damaged by Hurricane Ida. The landslides that came after the hurricane were devastating. We picked these schools because of their location to the damage."

Hurricane Ida hit El Salvador in 2009 leaving the Central American nation, about the size of

Massachusetts, devastated by massive hurricane-induced landslides. The most affected region was near San Vicente.

The 130th Maneuver Enhancement Brigade, from North Carolina, will provide command and control for rotational units during Beyond the Horizon 2011 in order to repair much of the damages from the landslides. The exercise is composed of eight 2-week rotations so service members can fulfill annual training obligations.

"It is so important for our soldiers to get hands-on experience in the field, and have the

See ARSOUTH, P7

Army North personnel quietly make Vibrant Response 11.1 training exercise successful

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

As part of a large military disaster response exercise, service members from around the country provided lifesaving and life-sustaining services at Camp Atterbury and at Muscatatuck Urban Training Complex to the "victims" of a simulated 10-kiloton nuclear detonation in Louisville, Ky.

Behind the scenes, U.S. Army North personnel quietly worked to make it all successful.

At Vibrant Response 11.1, a U.S. Northern Command field training exercise conducted by Army North March

11 through 19, Active, Guard and Reserve forces from Army, Air Force and Marine units cleared routes, provided medical and decontamination services, built temporary villages with Federal Emergency Management Agency trailers for displaced people, and even emplaced tornado shelters – but it couldn't have happened without the support of Army North, aka "exercise control."

"Once the exercise begins, it is exercise control that manages daily training venues and training objectives to ensure we meet the exercise director's intent," said Col. James

Larsen, exercise control officer for the exercise, and chief, Training Division, Army North.

"All of the coordination done behind the scenes, to include synchronization of all exercise enablers – role players, mannequins, effects, smoke, fire, downed aircraft, etc. – is accomplished by exercise control."

But managing the exercise on a day-to-day basis is only part of it, he explained.

"Many of the folks who make up (exercise control) were essential to exercise development and design," Larsen said. "These tasks include writing

the scenario, planning the training venues, researching the effects of an incident and developing all of the written products and media to 'set the scene' for the participating units."

It took a tremendous amount of planning, coordination and more planning to make an extensive training exercise such as this successful, said Clark Wigley, a joint exercise planner with Army North.

Planners built master scenario events lists, exercise directives, manning documents, coordination matrices, an exercise plan, warning orders, exercise orders and many other

documents and plans essential to ensuring the exercise is successful, he explained.

"I've charged my planners with stretching the responding units to the max – and then some," wrote Lt. Gen. Guy Swan III, commanding general, Army North, in a blog about Vibrant Response 11.1.

"I consider Army North as 'America's Insurance Policy,' and we need to make sure that this policy is ready and able to support our nation as quickly as possible while synchronizing with any response efforts already

See ARNORTH, P7

BRIEFS, from P3

p.m. There will be a mariachi band, extra outdoor seating and a raffle every 20 minutes for Fiesta shirts and mouse pads. Special menu items include southwestern shrimp linguine, tortilla crusted tilapia, baked Mexican chicken, fruta con chile, and tres leche.

FSH Army Client Services, Claims Office Closure

The Fort Sam Houston Army Client Services in Building 134 on Stanley Road and the Claims Office in Building 153 will close at noon April 15 for the Battle of Flowers Parade. Call 221-2282 or 295-8557 for information.

Army Officer Candidate School

The 502nd Force Support Squadron, Military Personnel Branch will conduct an Army Officer Candidate School structure interview board May 20 at 8 a.m. in Building 2263 Stanley Road, Room 117B. Soldiers must have a bachelor degree and 35 years old or younger, no exceptions. For a complete listing and checklist of the OCS requirements and forms, visit <https://www.hrcapps.army.mil/site/protect/branches/officer/Operations/Accessions/OCS/index.htm>. Packets must be submitted by May 11. Call 221-0885 or 221-0995 for information.

NMTC, Navy Hospital Re-designation

The Navy Medical Training Center, Navy Hospital School re-designation ceremony will be held April 21, 10 a.m. at MacArthur Parade Field. Call 808-1268 for information.

Day of Remembrance Commemoration

The Holocaust commemoration ceremony will be held May 2, noon-1 p.m. at the Roadrunner Community Center, Building 2797. The guest speaker is Hungarian Holocaust survivor George Fodor. Call 295-6295 for information.

JBSA sexual assault response coordinator earns Federal Service Award

Dr. Charlotte Moerbe, Joint Base San Antonio's sexual assault response coordinator, was recognized by the Department of Justice for outstanding work on behalf of crime victims during the National Crime Victims' Service Awards ceremony April 8 in Washington, D.C.

Moerbe received a Federal Service Award, which honors a federal employee for their direct services to victims of crime from all areas governed by federal jurisdiction, such as military installations, or requiring federal intervention. She was one of seven individuals and three organizations to

receive awards.

"There are so many people I owe a debt of gratitude to for this," Moerbe said. "This is not just my award – I share it with leadership, victims and advocates. I wish they all could benefit from it."

The service award acknowledges Moerbe for supporting several hundred military members recovering from sexual violence. It also happens to coincidentally fall during Sexual Assault Awareness Month.

In 2004, the doctor created the Lackland Sexual Assault Prevention and Outreach program. Now a part of JBSA, SAPO has grown

into the largest sexual assault response and training program in the Air Force.

She has also developed two additional volunteer trainer programs. The SAPO Representative Program includes more than 180 military personnel who provide sexual assault awareness and education for the general Lackland population, and a second volunteer pool works primarily with the student population.

"It's the people and team around you that keep you going," Moerbe said.

See AWARD, P16



Photo by Scott M. Ash

Dr. Charlotte Moerbe (second from right), Joint Base San Antonio sexual assault response coordinator, receives a Federal Service Award during the National Crime Victims' Service Awards ceremony April 8 in Washington, D.C. Moerbe was recognized for her work supporting military members recovering from sexual violence. She is joined by, from left, Joye E. Frost, acting director, Office for Victims of Crime; Laurie O. Robinson, assistant attorney general, Office of Justice Programs; and U.S. Attorney General Eric Holder.

Sexual Assault Awareness Month program opens eyes

By Cheryl Harrison
Warfighter and Family Readiness, Marketing

The Army Support Activity and the 502nd Air Base Wing Sexual Assault Prevention and Response Programs, in an effort to draw attention to the desperate need for awareness of the effects of sexual assault, invited Dr. Christopher Kilmartin – professor, author, consultant and psychologist – to speak on "Leadership and Sexual Assault Prevention" April 5.

Kilmartin spoke at three sessions on Fort Sam Houston and twice at Lackland and Randolph Air Force Bases. The Department of

Defense and all military SAPR programs in San Antonio officially recognize Sexual Assault Awareness Month in April to raise awareness and to prevent sexual violence.

With a capacity crowd of service members, civilians and leadership, the 2011 campaign focused on the effects sexual assault has on the military's mission readiness.

The event opened with Col. Robert Bridgford, vice commander of the 502nd Air Base Wing, reading the proclamation of April 2011 as Sexual Assault Prevention and Awareness Month.

In an eye-opening

statement at the Roadrunner Community Center's afternoon session, Kilmartin pointed to the Army Values posted on the wall and said, "The first thing I noticed when I walked in here was the large sign listing Army values. Sexual assault and harassment conflicts with every one of those values."

During the entire month of April, the focus is the concept of "Hurts one. Affects all." The theme highlights the Army's mission of defending our nation and to defend the safety of its own people, which in turn means preventing sexual assault is everyone's duty.

"This year's theme

'hurts one affects all' conveys that not only does sexual assault affect the victim, but it also affects all those around the victim; leaders, Family members, friends, buddies, subordinates," said Lt. Gen. Guy Swan III, commanding general of U.S. Army North, the guest speaker for the event.

"Intervention strategies are being employed throughout the Department of Defense to combat sexual assault by reminding all of us that prevention is the key and preventing sexual assault before it occurs."

Following Swan's words, Sgt. 1st Class Denise Bennett was in-

troduced. Bennett is a sexual assault survivor and shared her story.

"I didn't tell anybody about my story, because it being sexual assault never entered my mind, Bennett said tearfully.

"It wasn't until he began harassing and threatening me about the incident that I reported it. This ordeal left me depressed, an emotional wreck and through counseling I have been able to speak up and make a difference."

"Hurts one. Affects all" conveys the message that sexual assault not only affects the victim, it also affects

See ASSAULT, P16



NURSING, from P1

leadership exhibited by not only the ranked programs, but all of our graduate programs, far exceed mission standards and take a back seat to no programs in the country.

“Grounded by the roots of our AMEDD heritage, now joined by our interservice colleagues, we are the tip of the spear nationally in graduate education,” Moore added.

According to the U.S. News and World Report website (<http://www.usnews.com/education/best-graduate-schools/articles/2011/03/14/medical-school-rankings-methodology-2012>), the medical school research model is based on a weighted average of eight indicators, and the primary-care model is based on seven indica-



Photo by Phil Reidinger

Veterans Affairs students Joe Keck and Christian Campbell partner with Army Capt. Samuel Sama and Air Force Capt. Jaime Kelbaugh to practice a general anesthesia endotracheal procedure. The U.S. Army Graduate Program in Anesthesia Nursing was recently rated No. 1 in the nation by the U.S. News and World Report best graduate schools report.

tors. Both rankings are based on a weighted average of indicators.

Four of the data indicators are used in both

the research and primary-care ranking model.

They are the student selectivity admission statistics (MCAT, GPA,

and acceptance rate) and faculty-to-student ratio. The medical school research model factors in research activity; the

medical school primary-care model adds a measure of the proportion of graduates entering primary-care specialties.

The Academy of Health Sciences Graduate School hosts seven doctoral and five master's degree programs partnered with universities to support the graduate programs.

Academic affiliations include Baylor University, University of Nebraska Medical Center, Northeastern University, Fayetteville State University and Erskine Theological Seminary.

Students earn master's degrees in health and business administration, nutrition, anesthesia nursing, physician assistant studies and social work. Doctoral degrees include physical therapy, occupational therapy, pastoral care, physician assistant in emergency

medicine or clinical orthopedics, sports medicine-physical therapy and orthopedic and manual physical therapy.

The AMEDD Center & School is accredited by the Council on Occupational Education and all programs of instruction are reviewed by the American Council on Education.

All graduate programs requiring higher level academic accreditation from their respective professional organizations continue to exceed all national benchmarks.

The Academy of Health Sciences manages 14 teaching departments providing 315 programs of instruction to officers, enlisted and foreign students with a total staff and faculty of 1,860. The programs range from one week courses to doctoral and master's degrees.

ARSOUTH, from P3

ability to work toward such an important cause at the same time,” said Col. Timothy Houser, 130th MEB and Beyond the Horizon 2011 commander.

In 2010, Beyond the Horizon focused on medical and dental support for citizens affected by the landslides. In 2011, the exercise will again provide medical and dental aid, but it will also focus on the construction of schools.

While the exercise is in its infancy, the 130th began its planning last year. Soldiers from the brigade arrived in El Salvador in February and initially lived at the Salvadoran Army's 5th Brigade Headquarters as Soldiers constructed Camp Poligono, the forward operating base for the exercise.

Navy Seabees, headquartered in Louisiana, and other National Guard units, also helped.

“I really like the idea of the inter-branch relationship,” said Lt. j.g. Hank Wallis, the Navy Seabee commander for the exercise. “It's good to get out here and work together. I also appreciate the Salvadoran's help. They have a lot to teach us and we have a lot to teach them.”

Wallis and Houser emphasized how Salvadoran and U.S. service members can both benefit from the exercise.

“It gives us real world training opportunities, and that's what is important,” Houser said. “And we also get to help build schools for people who need it.”

(Source: ARSOUTH Public Affairs Office)

ARNORTH, from P3

underway.”

Leaders took into account lessons learned as well as trends and observations from previous exercises, prioritized those recommendations, and adjusted the exercise accordingly.

“This does just not happen; it takes months of planning,” said Ruben Perales Jr., assessments and command lessons learned manager, Army North.

Coordinators synced schedules between training facilities, Active, Guard and Reserve units, federal agencies and even private companies. Logistics planners arranged supplies and equipment. Medical, aviation and engineer units were tasked, and a host of other professionals added their input into a massive



Photo by Staff Sgt. Keith Anderson

Lt. Gen. Guy Swan III (right), commanding general, U.S. Army North, discusses the Vibrant Response 11.1 field training exercise March 16 with Ernest Natacotta, planner, defense coordinating element, Region IV, Army North, and Col. Lawrence Holmes, defense coordinating officer, Region IV, Army North.

undertaking.

Army North exercise control worked closely with Joint Task Force – Civil Support, based at Fort Monroe, Va., which served as the command and control for participating units in the exercise designed to prepare

the participating units to respond to chemical, biological, radiological and nuclear incidents.

The training isn't one-size-fits all, said Sgt. 1st Class Peter Villa, exercise control noncommissioned officer in charge, Army North.

“We handle the scenarios for each unit,” Villa said. “We set the conditions for what each unit saw on the ground, everything from decontamination missions to displaced civilians.”

And although there is always room for improvement, the service members and civilians who participated in Vibrant Response 11.1 demonstrated that America is in good hands, said Swan.

“I have made it a point never to be completely satisfied,” Swan said. “I guard against the complacency that might come with that. Having said that, I'm thoroughly proud of all of the teams here – both those who have set up the exercise and those who are participating – in their abilities to accomplish this very difficult task.”

STONE SOUR HITS SWEET NOTE AT WFSC



Photo by Steve Elliott

(From left) Corey Taylor, Shawn Economaki, Josh Rand, Roy Mayorga and Jim Root – all members of the platinum-selling rock band Stone Sour – took time to visit the Warrior & Family Support Center April 8 before their concert at the Illusions Theatre in the Alamodome. The band got a tour of the facility and then signed posters, posed for pictures and talked with wounded warriors and their families.

DENTAL CORPS DONATES \$10K TO FISHER HOUSE



Photo by Maria Gallegos

Derrick Donovan (right), vice president of operations Fisher House Foundation receives a check from Maj. Gen. Ted Wong (center), commander of the Army Dental Corps at the Brooke Army Medical Center Fisher House April 1. (From left) Retired Maj. Gen. Russell Czerw, former commander of Army Medical Department Center & School and Army Dental Corps, Command Sgt. Maj. Exerline Drum, Command Sgt. Maj. of the U.S. Army Dental Corp, and Pat Willard, wife of Col. Craig Willard, Dental Activity commander, join in the celebration.

Infantryman honored with Purple Heart at WFSC

By Maria Gallegos
BAMC Public Affairs

Infantryman Spc. Brian Stanley was honored for his bravery and selfless sacrifices during a Purple Heart ceremony at the Warrior and Family Support Center March 30.

Brig. Gen. Nidja West, commanding general of the U.S. Army Europe Regional Medical Command, presented the medal and certificate.

Stanley, assigned to Headquarters and Headquarters Company, 2nd

Battalion, 4th Infantry, 4th Brigade Combat Team, was injured in Afghanistan Jan. 31 when he was struck by an improvised explosive device while conducting a foot patrol resulting in his combat injuries.

"This is a great honor," Stanley said. "I am happy my family was here to see it."

The Purple Heart is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands

of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration and the oldest military honor in the world still in use.

Spc. Brian Stanley stands next to Brig. Gen. Nidja West, commanding general of U.S. Army Europe Regional Medical Command, after she presented him with a Purple Heart medal and certificate, while Stanley's parents, Jim and Sally, look on.



Photo by Maria Gallegos

WATER, from P2

with auto-shut-off nozzle and a bucket of 5 gallons or less water.

- Use recycled water on golf course and parade

field turf.

- Lawns and landscaping may not be overwatered.

- All leaks must be fixed immediately.

- Only two car washes

per month are permitted.

The Joint Base San Antonio Drought Management Plan is on the 502nd Air Base Wing website at <http://www.502abw.af.mil>.

For more information,

or to report misuse, call the Fort Sam Houston base asset management flight at 221-5063.

(Source: 802nd Civil Engineer Squadron)

Learn about transferring educational benefits under Post 9/11 GI bill

By Capt. Christopher S. Costa
Judge Advocate Administrative/
Civil Law Attorney

If you're a few days, months or maybe years away from your retirement or separation from the military, you have racked up those educational benefits under the Post 9/11 GI Bill and now you can transfer those benefits however and whenever you want, right?

Unfortunately, the answer is no. There are rules and timelines that limit transferring educational benefits that you

need to know if you're thinking about transferring your educational benefits to a dependent or family member.

People can only transfer educational benefits under the Post 9/11 GI Bill while they are serving on active duty or while a member of the Selected Reserve.

This means you must submit the Department of Defense transferability application and any other paperwork required by the Department of Veterans Affairs before your end of time in service or before you

retire.

The bottom line is the transfer of educational benefits from the service member to the dependent or family member must be executed while the service member is on active duty or while a member of the Selected Reserve.

Additionally, there are different rules and different service obligations required for those who are near retirement.

If you are retirement eligible – meaning you have completed 20 years of qualifying ser-

vice or will have completed 20 years of qualifying service during a certain timeframe – you will have to agree to serve two, three or four additional years from the date you request a transfer of benefits, depending on the date you plan to retire, to be able to transfer educational benefits.

If you have served on active duty or in the Selected Reserve for at least six years, but you are not retirement eligible, you will have to agree to serve an additional four years from

the date you request a transfer of educational benefits to be eligible.

The Education Services Office and the Department of Veterans Affairs are the best resources to find out more information. These two offices have the most up-to-date information on educational benefits under the Post 9/11 GI Bill. They can help answer specific questions about when and how the transferred benefits may be utilized.

The information provided here cannot substitute the exper-

tise of the Education Services Office or the Department of Veterans Affairs.

If you are considering transferring educational benefits to a dependent or family member and want to get educated on the process, visit the Department of Veterans Affairs Post 9/11 GI Bill web site at <http://www.gibill.va.gov>.

For further information, contact the Fort Sam Houston Education Services Office at 221-1738 or the Department of Veterans Affairs at 888-442-4551.

264TH MED. BN. ADOPTS LOCAL SCHOOL



Photo by Esther Garcia

Tina Reck, principal of East Terrell Hills Elementary School, watches as Lt. Col. Timothy Hudson, commander of the 264th Medical Battalion, signs the charter between the school and the brigade as part of the Fort Sam Houston Adopt-A- School Program April 1. The battalion agrees to support educational programs and school activities mutually agreed upon between the school and the battalion. Nine schools from the community have been adopted by various military organizations from Fort Sam Houston. The program is designed to improve the citizenship and learning experiences of children in local elementary, middle and senior high schools.

Building 4011 welcomes new occupants

By Esther Garcia
AMEDDC&S Public Affairs

There is a saying, "if only walls could talk." If that were the case, then Building 4011 – one of the oldest buildings on Fort Sam Houston – would have plenty to tell.

At a ceremony April 1, Maj. Gen. David Rubenstein, commanding general of the U.S. Army Medical Department Center & School, was assisted by Col. Mary Garr, commander of the 502nd Mission Support Group, and enlisted leaders, as they unveiled posters that listed the new AMEDDC&S organizations that will inhabit the building.

Building 4011 was built in 1918 and used as a Signal Corps warehouse. It was part of the San Antonio General Depot that was completed in 1922 to accommodate all sup-

ply functions from the Quadrangle and buildings rented in San Antonio between 1916 and 1919 during World War I.

Beginning in 1941, the building was used as the "old records" storage area. In 1951, the Fourth Army Map Plant moved into the building. The San Antonio General Depot, including Building 4011, was transferred to the Air Force in 1955 and the area became known as "Kelly Annex."

The map plant evolved into Army Map Service and later the Defense Mapping Agency, which produced maps from satellite imagery.

In 1977, the Defense Mapping Agency Inter-American Geodetic Survey moved in temporarily.

By 1992, the Defense Mapping Agency moved out of the building.

The Army Medical Depart-

ment Center & School departments and U.S. Army Garrison (now the 502nd Mission Support Group) Directorate of Plans, Training, Mobilization and Security were the next occupant and have since moved out.

"The AMEDDC&S exists to envision, design and train a premier medical force," Rubenstein said. "The posters list the organizations that will work in this building, but most important are the Soldiers, civilian teammates and contract colleagues who will work in this building and who will help us envision, design and train a premier medical force."

The unveiling ceremony included an awards presentation for more than 30 AMEDDC&S personnel and post staff members who contributed to the renovation of Building 4011.



Photo by Esther Garcia

(From left) 502nd Mission Support Group Command Sgt. Maj. Donald Freeman; 502nd MSG Commander Col. Mary Garr; Army Medical Department Center & School Commanding General Maj. Gen. David Rubenstein; and AMEDDC&S Command Sgt. Maj. James Diggs unveil the poster listing the AMEDDC&S organizations who will work in Building 4011, which include the Directorate of Combat and Doctrine Development; Borden Institute; AMEDD Personnel Proponent Directorate; Curriculum Development Division; Department of Health Education and Training; and the Army Research Laboratory – AMEDD Field Office.

Avoided shutdown reinforces need for financial planning

By Douglas DeMaio
Installation Management
Command - Bamberg

While the government shutdown was avoided April 8, it serves as a stark reminder for the need to save money for a rainy day.

"Everybody loves the sunshine and nice weather, but it does rain in our life," said Eugene Woods, a financial readiness program manager in Bamberg, Germany.

Saving money is an arduous task, Woods said, but being persistent and disciplined in saving money can allow people to avert financial calamity.

"In my briefing, I always tell Soldiers and family members that we save money for emergencies, but we don't do

it well," he said. "Part of our budget should be putting money into emergency savings. I always say that long term savings is the most critical one. Long term is critical, but emergency is just as important."

Soldiers, family members and civilians anxiously awaited as political debate almost sparked a government shutdown, but people who have saved money over the years were financially prepared.

"The emergency fund prepares us for the unforeseeable event that impacts our livelihood in a negative way," Woods said.

Woods is optimistic that the financial readiness classes he provides to community members can help people cope

For information about financial assistance, the Army Emergency Relief or for classes on saving and investing, call the Roadrunner Community Center at 221-2380

with a situation that might be a financial burden.

"The financial readiness program is about awareness and education," he said. "We continue to encourage Soldiers, family members to do what they need to do and that is to put a small portion of their pay away."

"Start with \$50 or \$100 every two weeks and put it to the side

and discipline yourself to do it," he said. "That's the key.

"Discipline. It works," he said.

Tracking finances, budgeting and saving spare change are all things that add up financially, Woods said.

"You would be surprised how much small change adds up," he said.

Woods said limiting

small purchases is also a great way to save money.

"Watch what you are purchasing during the week during those small purchases," Woods said. "During the month, you spend more on small purchases during the weekday than during the weekend.

On weekends, people will spend large amounts of money, but are more thoughtful about large purchases, he said.

"If it's a need, justify it, but if it is just a want then make the sacrifice," Woods said. "What you will be doing is putting that money back (in your wallet) for a rainy day.

Do what parents, teachers and advisers have been telling us all along. Practice what we preach by putting that small

amount away for those rainy days."

"When you take those values and your kids see you doing that, then they will inherit those values," Woods said. "They will learn from those good practices you are doing."

Doing so might help people weather the next storm. People who are financially ill prepared for an emergency have options and resources to help endure a crisis.

Some financial institutions also offer short-term loans at a low interest rate.

Army Emergency Relief offers financial assistance to Soldiers. For more information about financial planning or AER, contact Army Community Service at 221-2705/2418.



Photo by Sgt. Maj. Eric Lobsinger

A mariachi band plays at MacArthur Field during the Fort Sam Houston Fiesta & Fireworks April 10. The band was one of the numerous entertainment options available for the San Antonio and Fort Sam Houston community members, who gathered to enjoy the festival. The day-long event included activities such as a wide variety of food, games, rides, entertainment, the 2011 Fort Sam Houston Fiesta Military Ceremony and the Fort Sam Houston Commanders Reception, all of which were capped off by a fireworks show.



Photo by Sgt. Maj. Eric Lobsinger

Soldiers from 82nd Airborne Division's All-American Chorus belt out tunes as they arrive on stage at the Fort Sam Houston Quadrangle April 10 during the Fort Sam Houston Commanders Reception. The Soldiers, along with Soldiers from "The Old Guard" Fife and Drum Corps, entertained military and civilian community leaders following the 2011 Fort Sam Houston Fiesta Military Ceremony at MacArthur Parade Field.



Photo by Sgt. Maj. Eric Lobsinger

ABOVE, "The Old Guard" Fife and Drum Corps, along with the Joint Services Color Guard and Soldiers from the 201st Military Intelligence Battalion, render salutes during retreat at the 2011 Fort Sam Houston Fiesta Military Ceremony April 10 at the MacArthur Parade Field. The 201st MI Bn., led by Command Sgt. Maj. Michael Ables, the honorary commander of troops, served as the honor unit for the ceremony. RIGHT, A couple watches the fireworks during the Fiesta & Fireworks at Fort Sam Houston April 10.

FIESTA & FIREWORKS



Photo by Sgt. Maj. Eric Lobsinger

LEFT, Lt. Gen. Guy Swan III (left), Army North commanding general, welcomes civilian and military leaders to Fort Sam Houston's historic Quadrangle during the Fort Sam Houston Commanders Reception April 10. Joining Swan on stage were Lt. Gen. Rick Lynch, commanding general of Installation Management Command; and Maj. Gen. Simeon Trombitas, the commanding general of Army South, along with San Antonio Fiesta Royalty: William Mitchell, who serves as King Antonio LXXXIX; Bill Drain, who serves as El Rey Feo, LXIII; and Sam Bell Steves II, the Fiesta Commission president, and other members of the Fiesta Royalty. BELOW, A salute battery fires a cannon round during "Ruffles and Flourishes" as the official party arrives at the Fort Sam Houston Fiesta Military Ceremony April 10 at the MacArthur Parade Field.



Photo by Sgt. Maj. Eric Lobsinger



Photo by Sgt. Maj. Eric Lobsinger



Photo by Kathy Salazar

ABOVE, Fiesta spectators join the Kazamba Drum & Dance Group for a dance lesson during their performance April 10.

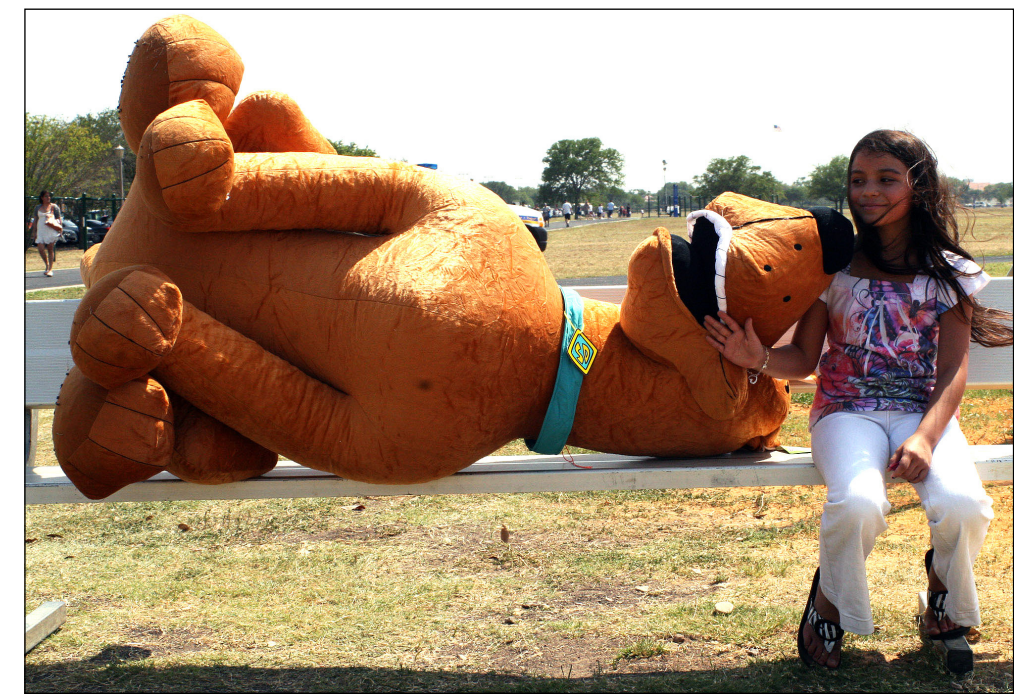


Photo by Sgt. Maj. Eric Lobsinger

LEFT, A young lady admires her new best friend during the Fort Sam Houston Fiesta & Fireworks at the post's MacArthur Field April 10. She earned her prize by competing in one of the numerous games available for the San Antonio and Fort Sam Houston community members, who gathered together to enjoy the festival.

LEFT, A young man speaks with the owl's trainer at MacArthur Field during the Fort Sam Houston Fiesta & Fireworks April 10. The trainer spoke with young community members about the owl and its habitat.

To see more photos, visit
<http://www.samhouston.army.mil/pao>

AWARD, from P4

The ceremony included a 2-minute video on each of the honorees, who had the opportunity to interact together before the presentation.

"Mine was a wonderful clip that highlighted the military," she said. "(All of the videos) were all very powerful. There were so many interesting people."

Attorney General Eric Holder presided over the awards luncheon and described the impact the recipients had made for crime victims.

"Each of the leaders, legal advocates, public servants and concerned citizens here today are part of a powerful, national movement – one that inspired the passage of the historic 1984 Victims of Crime Act that created the Crime Victims Fund, as

well as the 1994 crime bill and the Violence Against Women Act," said the attorney general.

"We commend these individuals and service providers who, when faced with emerging challenges, seek out new ways to protect our communities, and to more effectively assist and empower crime victims."

The award recipients were nominated by their colleagues in the victim service and criminal justice fields. They were recognized for their courageous responses in the aftermath of a crime; their professional efforts to better serve the needs of victims of human trafficking, identity theft and elder abuse; and their assurance that victims receive the compensation and other services

available to them at the state and local level.

The Attorney General's Annual Victims' Service Awards were presented as a prelude to National Crime Victims' Rights Week, which concludes April 16.

The theme, "Reshaping the Future, Honoring the Past," highlights the importance of crime victims' rights and recognizes individuals and organizations that demonstrate a commitment to this effort.

"Today's Justice Department is working with medical and law enforcement professionals, service providers and crime victim advocates to reach those victims most in need of help," said Holder.

(Compiled information from the Department of Justice)

ASSAULT, from P4

the military's ability to achieve readiness.

A sexual assault can reverberate throughout a unit and beyond, degrading readiness by harming the life of the victim, and the military's ability to work effectively as a team.

Also during the ceremony, the Sexual Assault Response Coordinators for Fort Sam Houston and the 502 Air Base Wing recognized the top victim advocates from the Joint Base San Antonio Sexual Assault Prevention and Response programs.

The Army Support Activity SAPR program awarded plaques to their top ten unit victim advocates: Staff Sgt. Crystal Ritz, 187th Medical Battalion; Sgt. 1st Class Valinda Lewis, 232nd Med. Bn.; Sgt. 1st Class Gerone Lewis, 232nd Med. Bn.; Sgt. 1st Class Amanda Dodd, 232nd Med. Bn.; Sgt.

1st Class Sandy Louis, 264th Med. Bn.; Capt. Elizabeth Swatzell, Naval Medicine Training Command; Sgt. 1st Class Deborah Bryant, Warrior Transition Battalion; Sgt. 1st Class Charles King, Brooke Army Medical Center; Sgt. 1st Class Lisa Woods, 32nd Medical Brigade; and Sgt. 1st Class Jerome Gubash, 187th Med. Bn.

The 502nd ABW top victim advocates included volunteers from Fort Sam Houston, Randolph Bases and Brooks City-Base: Tech. Sgt. Gavin Christiansen, 319 Training Squadron; Staff Sgt. Cortney Christiansen, 319th TRS; Master Sgt. Marie Takeshita; 1st Lt. Angela Waterworth, 711th Human Performance Wing; Joan Orosco, 12th Mission Support Group; Cheri Rae, Air Force Manpower Agency; and Staff Sgt. Edith Cooper, 59th Pharmacy Squadron.

Several events are planned this month to make the community aware of the problem of sexual assault.

The "Clothesline Project," a mobile T-shirt display, will be available throughout the post, as well as "Sex Signal" shows to be held April 18 through 23 at various times at the METC.

This 90-minute, two-person play offers a funny look at the awkwardness of dating, sex and the important issue of consent.

There is also a 5K run/walk against Sexual Violence and Child Abuse April 23, beginning at the Jimmy Brought Fitness Center. Sign up before 8:45 a.m. The run begins at 9 a.m.

For more information about these events, call 221-0918. If you are a survivor of sexual assault and wish to seek assistance, call the 24/7 Hotline at 722-4920.

Cole basketball coach tabbed for state honor

By Robert Hoffmann
Robert G. Cole High School

Following another stellar year in which his team posted a 34-4 record, Robert G. Cole High School head basketball coach Herb More has been selected as a Texas Association of Basketball Coaches All-Star coach.

More will coach one of the division A-2A-3A teams May 21 at 6 p.m. at Trinity University.

In 22 years as a head coach, More's teams have recorded a 516-200 career record.

He's had 19 playoff teams; 14 district championships; his teams have advanced to the Regional Tournament eight of the last 11 years, with four regional finalists; the 2006 team advanced to the state semi finals, and he was also an assistant coach on Cole's 1989 State 3A Championship team.



Herb More

Courtesy photo

FSHISD Board of Trustees Nominations

Fort Sam Houston Independent School District is accepting nominations for three positions on the Board of Trustees. Nominees for the Board of Trustees may be a service member, military Family member or a civilian employee residing or employed on Fort Sam Houston.

Nominees should have an anticipated retention date at this location through July 20, 2013; be a registered voter in the state of Texas and have been a resident in the state of Texas for 12 months on or before July 20. Individuals nominated must volunteer and be willing to serve on the Board of Trustees without pay. Nominees must submit their resume and memorandum by close of business April 22.

For more information, call 295-4806.

COLE HONORS 'STUDENTS OF MONTH'



Courtesy photo

Each month Cole Middle/High School recognizes one student from each grade level for his or her outstanding attitude, citizenship, and overall contribution to the school. The students are nominated by their teachers, then one student is selected by the faculty of each grade level. The recipients for March were (back row, from left) Chris Dinkle, 10th grade; Jefferson Macariola, 12th grade; Nick Calderone, ninth grade; and Zachary Kurek, eighth grade (front row, from left) Ariana Fix, seventh grade; Alison Walters, sixth grade; and Alexandra Herel, 11th grade.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES APRIL 18-23

Fort Sam Houston Elementary School

April 19
Pastries with the Principal:
Staying Connected to your Child's Education during Deployment/TDY, 9 to 10 a.m.

April 21
Progress Reports sent home
College/University T-Shirt Day
Cougar Connection: How to Build Your Child's Portfolio with Kristine Rose, Louretta Stein, and Lissa Saadi (For all grade levels learn how to create a portfolio of your child's important school documents so you are ready for your next PCS.), 11:30 a.m. to noon

April 22
School Holiday--Good Friday

Robert G. Cole Middle/High School

April 18
Boys and Girls Golf Regional Tournament at Quail Creek Golf Course in San Marcos, TBA
Ice-Cream Social in Cole Gym Foyer, 6 p.m.

April 19
Baseball at Stockdale, JV/4:30 p.m. and Varsity/7 p.m.
Boys and Girls Golf Regional Tournament at Quail Creek Golf Course in San Marcos, TBA
UIL Choir Contest at Judson

April 20
Boys and Girls Golf Regional Tournament at Quail Creek Golf Course in San Marcos, TBA
Regional Tennis, TBA
UIL Choir Contest at Judson

April 21
Boys and Girls Golf Regional Tournament at Quail Creek Golf Course in San Marcos, TBA
Varsity Track Regional Qualifiers meet, TBA
Regional Tennis, TBA
Baseball vs Randolph, V/4:30 p.m.

April 22
School Holiday
Boys and Girls Golf Regional Tournament at Quail Creek Golf Course in San Marcos, TBA
Varsity Track meet Regional Qualifiers meet, TBA

April 23
Boys and Girls Golf Regional Tournament at Quail Creek Golf Course in San Marcos, TBA
Varsity Track meet Regional Qualifiers meet, TBA

Force Support Squadron

Family & MWR

Announcements

Great Getaways

Enter now through June 15 for a chance to win a trip for two to an Armed Forces Recreation Center Resort destination. The winner will have the option of visiting one of the five AFRC resort destinations: Cape Henry Inn near Virginia Beach, Edelweiss Lodge & Resort in South Germany, Shades of Green on Walt Disney World Resort, Hale Koa Hotel on Waikiki beach, or Dragon Hill Lodge in Seoul, Korea. The prize package will include airfare, lodging for two and \$2,500. Visit http://www.edelweisslodgeandresort.com/great_getaway.html for entry and rules.

Cooler Toys, Hottest Gadgets Sweepstakes

In honor of Month of the Military Child military youth can enter the Cooler Toys, Hottest Gadgets Sweepstakes through April 30 for a chance to win an Apple iPad, Xbox 360 S, NOOK Color and more. To enter and view the rules, visit <http://www.MWRPromotions.com>.

Story Time at the Library

The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

Outdoor Movie Nights

Mark your calendars -- April 15, "The Sorcerer's Apprentice" at the flagpole; April 16 "Toy Story 3" at Dodd Field; April 29, "TRON: Legacy" at the flagpole and April 30, "Tangled" at Dodd Field. All movies begin at dusk around 8 p.m. Bring chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

Operation Baby Shower

Sign up now for the 3rd Annual Operation Baby Shower May 13, 2-6 p.m. at the Roadrunner Community Center. This event is for expecting parents and those with babies under 1 year old. Call 221-0349, 221-2418 or visit <http://opera->

tionbabyshower2011.wufoo.com/forms/3rd-annual-operation-baby-shower-registration/.

"Boogie Back To Texas" at Harlequin Dinner Theatre

Performances will be held Thursdays, Fridays and Saturdays, through April 23. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$33/civilians, \$30/military, \$26/students and \$16.50/children 12 and under. Call 222-9694 for reservations and directions.

Catfish Pond at Camp Bullis

Camp Bullis has opened the pay-as-you-go catfish pond. Catfish are \$2 per pound (live weight). No fishing license required. Pole rental is \$1. Call 295-7577.

Language Classes

English as a Second Language classes are held Monday and Wednesday 5-7:30 p.m. and Spanish classes are held Tuesday and Thursday 5-7:30 p.m. at the Roadrunner Community Center, Building 2797, for military I.D. cardholders. To register, call 221-1372/2705.

Microsoft Office Classes

April 19 – Excel Level 1
April 20 – PowerPoint Level 1
April 21 – Word Level 2
April 26 – Excel Level 2
April 27 – PowerPoint Level 2
Classes are 8 a.m.-noon at the Roadrunner Community Service, Building 2797. To register, call 221-2518/2705.

Calendar of Events

April 14

Single Parenting

Classes are April 14 and 21, 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. To register, call 221-0349.

April 15

Talent Contest

The deadline to register is April 15. The show will be held May 5 from 7-10:30 p.m. Open to DOD I.D. card holders. First place/\$150, second place/\$100, third place/\$50. The top three place winners will automatically advance to this year's Festival of the Performing Arts Show. Call 224-7250 or 221-4016.

April 18 Youth Summer Camp Registration

Parent Central will begin to take registration for youth summer camp for kindergarten to 12th grade. Priority will be given to active duty service members April 18-19 from 8 a.m.-4 p.m. All other eligible patrons may register beginning April 20. Visit the Parent Central webpage at <http://www.footsamhoustonmwr.com> for a checklist of required information. Call 221-4871.

Saving and Investing

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

April 19 Pre-Deployment Planning

The class is 9 a.m.-3 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

H.U.G.S. playgroup

The group for parents and children 5 years or younger meets each Tuesdays, 9-11 a.m. at the

Middle School Teen Center, Building 2515, Call 221-0349/2418.

Re-Entry Workshop

The workshop is 10-11 a.m. at the Roadrunner Community Center, Building 2797. Call 221-1681.

Baby Talk

The group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Light snacks and drinks are provided. Call 221-0349/0655.

Credit Reports, Where do you Stand?

The class is 2 to 4 p.m. at the Roadrunner Community Center, Building 2797. Call 221-2380.

Fireproof your Marriage

The two-part class is April 19 and 26, 5:30-7:30 p.m. at the Roadrunner Community Center Building 2797. To register, call 221-0349.

April 20

Breastfeeding Support Group

The group meets Wednesdays, 10-11:30 a.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

Stress Management

The class is 11a.m.-12:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

April 23 3D Archery Shoot

Animal targets are placed at varied distances throughout the wooded course. Awards are given to the top three competitors in each class: open, release, fingers, recurve and longbow. The fee is \$15-16/competitive and \$10/non-competitive. Bow and arrows not supplied. Registration is 8-10 a.m. on event day. Open to all ages, must be a DOD cardholder. Call 295-7577.

Easter Egg Hunt

Children 11 and younger are invited to participate in the Easter Egg Hunt, 10 a.m.-noon at the Youth Center Baseball Fields. There

will be crafts, information tables, and the Easter Bunny. An egg exchange will begin 10:30 a.m. Children 2 and under: 10:30 a.m. Field 1; 3-4 year olds: 10:45 Field 2; 5-6 year olds: 11 a.m. Field 3; Special Needs: 11:15 a.m. Field 1; 7-8 year olds: 11:30 a.m. Field 2; and 9-11 year olds: 11:45 a.m. Field 4. Call 221-4492.

April 27 Health and Wellness Fair

The fair is 10 a.m.-1 p.m. at the Jimmy Brought Fitness Center. There will be cholesterol and diabetes screenings, injury prevention and more. Call 221-1234/2020.

April 29 Newcomers Extravaganza

Service members, civilian employees and their Families who are new to Fort Sam are invited to attend this event, 9:30-11 a.m. at the Sam Houston Club. Call 221-1372.

May 7 Aerobathon

The event is 9 a.m.-noon at the Jimmy Brought Fitness Center. Call 221-1234/2020.



Announcements

Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must be military medical beneficiaries (retired and family members of active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable to participate. Call 292-2210 for information.

Painkiller Study

Wilford Hall Medical Center is conducting a study regarding the use of hydrocodone. Participants will be compensated at the conclu-

sion of the study. Email kcarey@gvtc.com for information.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Harris Heights Community Center on Patch Road. All active duty Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-3887 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-5194.

Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

Calendar of Events

April 16

Video Thank You Messages

San Antonio Credit Union and KSAT 12 are hosting a military appreciation greetings video event 11 a.m.-3 p.m. at SACU headquarters, 6061 IH-10 West at Vance Jackson. The public can videotape thank you messages to military members and their families. Visit <http://www.sacu.com> or call 258-1234 for information.

Canyon Lake Walk

The San Marcos River Walkers volksmarch club will host a 5k and 10k walk starting at the Dunbar

Center, 801 W. Martin Luther King Dr., San Marcos. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 512-396-4463.

Fruit Tree Grafting Demonstration

Dr. Larry Stein, horticulturist, Texas Agrilife Extension Service, will demonstrate grafting of various fruit trees 9 a.m.-noon at Fanick's Garden Center, 1025 Holmgreen Road. Admission is free. Call 467-6575 for information.

April 23

Comfort Easter Walk

The Hill Country Volkssportverein volksmarch club will host a 7k and 12k walk starting at the Hermann Sons Riverside Camp, 100 Altenheim Road, in Comfort. Walks start between 8 a.m. and noon, finish by 3 p.m. Call 830-995-2421 or visit <http://web.me.com/txtailhead/GG/Comfort.html>.

April 29

AACA Golf Tournament

The African American Cultural Association golf tournament tees off at 8 a.m. at Lackland's Gateway Golf Club. The fee is \$49/ player and it includes lunch, green fee, cart, range balls, on-course beverage coupons, door prizes, and more. Register by April 21. Call 867-2091, 473-0979 or 872-5748 for information.

May 13

187th Medical Battalion Golf Tournament

Tee off is noon at the Fort Sam Houston Golf Course. Cost is \$45/ person includes greens fee, cart, awards banquet, dinner and a chance at various door prizes. Register online at <http://www.golfdigestplanner.com/18473-T2S> by May 9 to receive a free subscription to Golf Digest. Call 221-8427 for information.

REMINDER CALENDAR

April 21 NMTC, Navy Hospital School Re-Designation, 10 a.m., MacArthur Parade Field

April 26 Newcomer's Extravaganza, 9:30 a.m., Sam Houston Club

April 27 Health and Wellness Fair, 10 a.m.-1 p.m., Jimmy Brought Fitness Center

April 28 Consolidated Monthly Retirement Ceremony, 9 a.m., Quadrangle



Rocco Dining Facility Menu

Building 2745, Schofield Road

Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30
a.m.

Friday – April 15
Lunch – 11 a.m. to 1 p.m.

Corn chowder soup, Creole
macaroni, chipper perch, meat
loaf, vegetarian burritos, brown
rice, O'Brien potatoes, Japanese
vegetable stir fry, carrots
Dinner – 5 to 7 p.m.

Chicken pot pie, barbecued
beef cubes, lemon baked fish,
cheese tortellini with marinara
sauce, steamed rice, mashed
potatoes, stewed tomatoes, club
spinach

Saturday – April 16
Lunch – noon to 1:30 p.m.

Cream of chicken soup, pepper
pot soup, baked chicken breasts,
pork chops with pineapples, ham-
burger yakisoba, cheese manicotti,
baked redskin potatoes, wild rice,
calico cabbage, herbed broccoli
Dinner – 5 to 6:30 p.m.

Blackened fish, chicken fajitas,
stuffed green peppers, vegetar-
ian nuggets, steamed rice, garlic
roasted potato wedges, squash
and carrot medley, pinto beans

Sunday – April 17
Lunch – noon to 1:30 p.m.

Cream of broccoli soup, tomato
rice soup, roast beef, turkey enchi-
ladas, baked stuffed fish, pasta

primavera, southwestern rice,
mashed potatoes, wax beans, corn
on the cob

Dinner – 5 to 6:30 p.m.
Grilled steak, oven baked
breaded shrimp, grilled ham-
burgers, grilled cheeseburgers,
Cajun grilled chicken sandwiches,
vegetable pizza, grilled cheese
sandwiches, baked potato, sauteed
onions and mushrooms, mixed
vegetables, broccoli, french fries

Monday – April 18
Lunch – 11 a.m. to 1 p.m.

Cream of potato soup, min-
estrone soup, Chinese five spice
chicken, meat loaf, spicy Italian
pork chops, spinach tortellini with
marinara sauce, spicy brown rice

pilaf, mashed potatoes, peas and
carrots, herbed green beans
Dinner – 5 to 6:30 p.m.

Chicken tetrazzini, Caribbean
flounder, grilled ham steaks, egg-
plant parmesan, Kansas medley
rice, mashed potatoes, asparagus,
squash and carrot medley

Tuesday – April 19
Lunch – 11 a.m. to 1 p.m.

Beef rice soup, cream of mush-
room soup, roast turkey, beef stew,
lemon pepper baked fish, broccoli-
cheese and rice, sweet potatoes,
cornbread dressing, steamed rice,
sauteed mushrooms and onions,
ratatouille, carrot slices

Dinner – 5 to 7 p.m.
Herbed baked chicken, bar-

becued pork chops, spicy baked
fish, red beans and rice, rosemary
roasted potato wedges, rice pilaf,
corn O'Brien, stir fry cabbage

Wednesday – April 20
Lunch – 11 a.m. to 1 p.m.

Cream of tomato soup, chicken
gumbo soup, baked chicken and
rice, fish parmesan, beef lasagna,
oven browned potatoes, caviar
medley rice blend, lima beans,
vegetable stir fry
Dinner – 5 to 7 p.m.

Grilled hamburger steaks,
chicken cacciatore, lemon baked
fish, sweet potatoes, black beans,
corn, steamed rice, mashed
potatoes, stewed tomatoes, green
beans

Thursday- April 21
Lunch – 11 a.m. to 1 p.m.

Cream of potato soup, chicken
vegetable soup, oven baked
chicken, Cajun baked catfish,
barbecued spareribs, hopping
john rice, candied sweet potatoes,
steamed rice, mustard greens,
corn on the cob

Dinner – 5 to 7 p.m.

Braised pork chops, chicken
and Italian vegetable pasta, grilled
chicken breasts with onions and
mushrooms, cheese enchiladas
with sauce, southwestern rice,
O'Brien potatoes, savory squash,
black-eyed peas

Menus are subject to change
without notice

Lenten and Passover Activities

CATHOLIC

April 14
Stations of the Cross – 5:30-
7:30 p.m. at Dodd Field Chapel
April 15
Home Stations of the Cross
7 p.m. (call 916-1105 for
locations)
April 17-22
Holy Week
April 17 Palm Sunday
• Palm Sunday Masses 8:15
and 11:30 a.m.
• Archbishop at 9:30 a.m.
Mass, Main Post Chapel
• Seder Supper, 4 p.m. at Dodd
Field Chapel
April 18
• Regular Mass, 11 a.m.
• Dinner – 5:30 p.m. at Dodd
Field Chapel
• Confirmation – 7 p.m. at the
Main Post Chapel
April 19
• Regular Mass, 11 a.m.
April 20
• No Mass
• Presentation of “Shroud of
Turin,” 7 p.m. at the Main Post
Chapel
April 21 Holy (Maundy)
Thursday
• Mass of the Lord’s Supper,
5:30 at the Main Post Chapel
• 7 p.m. at the AMEDD Chapel
• Holy Thursday (Washing of the

Feet; The Lord’s Supper) 11 a.m.
April 22 Good Friday
• Good Friday Solemn Venera-
tion of the Cross 11 a.m.
• Passion, 11:30 a.m. at the
Main Post Chapel
• Passion, 7 p.m. at the AMEDD
Chapel
April 23
• Easter Vigil, 8 p.m. at the
Main Post Chapel
April 24 Easter
• Easter Sunday Masses 8:30
and 11:30 a.m.

PROTESTANT

April 17 Palm Sunday
• Choir Cantata, 8 and 11 a.m.
at the Main Post Chapel
April 21
Living Last Supper, 7 p.m. at
the Main Post Chapel
April 22 Good Friday
• Good Friday “Seven Last
Words of Christ” 12:30 p.m.
• Good Friday Service, 5:30 p.m.
at the AMEDD Chapel
April 24 Easter
• Easter Worship 10 a.m.
• Sunrise Service, 6:30 a.m.
at the Lincoln Military Housing
Office 407 Dickman Rd.
• Regularly Scheduled Worship
Service Schedule

RELIGIOUS BRIEF

New Believer's Class

This on-going 15-week course will use a Growing in Christ curriculum from the Navigators. Topics include Assurance of Salvation, the Church, God's Word, Love, Forgiveness, Prayer and several others. Classes are Sundays, 9:15-10:15 a.m. at Dodd Field Chapel. Call 221-3749 for information.

LENT, from P22

JEWISH

April 8, 15, 22 and 29

- Shabbat Services, 8 p.m. at the Main Post Chapel

April 18-26 Passover

April 18-19 Seder

- (Call Lay Leader, 379-8666 for information.)

April 22

- Sabbath Passover, 8 p.m. at the Main Post Chapel, Kosher food following YESKOR Memorial Service (8th Day of Passover) (call 379-8666 for information)



For Sale: Sofa with two recliners on each end, teal-greenish color, vinyl-leather look, good condition, \$175; women's three-speed bike, \$60; women's right-hand Lady Cobra golf clubs-with graphite shafts, \$75; two sets of kids right-hand golf clubs with bag, \$10 each; Stair Master 4000, \$150; ProForm treadmill, \$150; women's suits, red one with skirt and pantsuits-grey color and black checked, size 10, \$15 each; two glass fixtures, \$15 each; long blonde wig, never been used, \$65. Call 789-8951.

For Sale: 2002 Honda Odyssey EXL, V-6, automatic, new paint, leather quad seating, front and rear AC, AM-FM-CD-Cassette, factory installed DVD,

all fluids changed, new cabin air filter, excellent tires, roof rack, 163K miles, \$7,500 obo. Call 630-3936.

For Sale: Disney DVDs - A Bug's Life and Snow White & The Seven Dwarfs Platinum Edition, \$5 each. Call 662-8887.

For Sale: 2001 Lexus RX-300, silver-blue, sunroof, roof-rack, six-CD changer, 67K miles, \$13,500. Call 661-0200.

Garage Sale: April 15 and 16 at 9922 Autumn Hollow in Converse. Call 630-3936.

To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry.